



**P3** Marcos' burial at Libingan insults his victims



**P9** Commemoration of declaration of Martial Law

## Increased Attacks on Asians Have Bolstered Activism

BY LORRIE SPURGAT WILLIAMS

On the morning of January 28, 2021 Vicha Ratanapakdee, an 84-year old Thai American, was walking in his San Francisco neighborhood when a young man ran across the street and violently threw Vicha to the ground. Suffering a serious head injury, he tragically died. The racially motivated killing of Vicha Ratanapakdee was a shocking, painful reminder that Asian-Americans are targets of serious hate crimes in the United States. In response to the hate crime, the Thai Ministry of Foreign Affairs issued a warning to Thai people living in and visiting the United States. The warning was a validation for Thai and all Asian people that often feel unsafe in public spaces. It was this attack that deeply affected my daughter-in-law, Jazz Sunpanich Newsum.



Outrage after brutal murder of elderly Thai man in San Francisco neighborhood.



Jazz Sunpanich Newsum

My daughter-in-law, Jazz Sunpanich Newsum, is a California native who came to the U.S. to pursue her education with big dreams of being on Broadway. She currently resides in New York City where she works hard and uses public transportation, usually alone. She has experienced racial slurs, insulting conversations, and other microaggressions specifically around her ethnicity. When she heard about the attack and killing of Vicha Ratanapakdee, her deepest fears were realized.

Continued on page 2

Jazz immigrated from Thailand to Sacramen-

## Activism For Change and Common Good

BY BENJAMIN ABAYA

My parents met when they were students at the Far Eastern University in Manila, my father was taking up Bachelor of Arts in Political Science while my mother was enrolled for her Bachelor of Education.



Faina and Jun Abaya

They continued their studies when they were already married residing in Baguio City and had their children. My father took his Bachelor of Laws at Baguio College foundation (now the University of the Cordilleras) and later became a member of the Integrated Bar of the Philippines while my mother also earned her Bachelor of Education at the University of Baguio.

It is always interesting to revisit for nostalgia, the student life of my parents, especially my father



Jun Abaya attained Bachelor of Laws at Baguio University Foundation in Cordilleras

who was very active in student government politics, having been a student leader himself. Accordingly, my father founded the Democratic Youth Party at the FEU Institute of Arts and Sciences and fielded several candidates to the student body for representation. Aside from student politics, my father was also a member of the Delta Sigma Lambda, a confraternity of student leaders and scholars

enrolled in FEU, IAS. He also became President of the International Friendship Organization (PIFO) with objectives to promote study groups of both local and foreign students from different colleges and universities in the greater Manila area. The other purpose of the organization is to bring out the best of their cultures and traditions and to enhance greater camaraderie and friendship among themselves.

Continued on page 5

## SacFilPAC Hosts Merienda with the Attorney General

BY CHRIS MATEO

The Sacramento Filipino Political Action Committee (SacFilPAC) honored Attorney General Rob Bonta with a "Merienda" fundraiser event at the Pavilion at Elk Grove Regional Park on Sunday, Aug. 21.

"When my mom calls me before an event and asks, 'Are you wearing your barong?'" said Bonta, "She's really saying 'Wear your barong.'" California's first Filipino American Attorney Gen-

eral's light-hearted opening lines was one of several mentions of his mother, Cynthia Bonta, who was seated right in front, laughing along with the other guests attending the first-ever event of the new organization, nicknamed SacFilPAC.

Throughout the evening, these guests would enjoy SacFilPAC's spin on a merienda, or "snack time." The snacks included BBQ, empanadas, pancit, and more. It also included some of the Filipino community's most recognizable performers.

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Attorney General Rob Bonta (R) with the Sacramento Filipino Political Action Committee (SacFilPAC) and some of the Filipino community recognizable leaders.

# Increased Attacks on Asians Have Bolstered Activism

From page 1

She felt anxious to leave her apartment alone, travel alone, run errands alone. She discovered an activist group on Instagram called SafeWalks, an organization of volunteers that will send two chaperones to your location to walk with you from point A to point B. In addition to the volunteer network, SafeWalks holds community meetings including local officials and organizes peaceful anti-hate rallies. Jazz has felt more supported with this network in place and offered this advice to others on her Instagram post, “Dear New Yorkers, please don’t mind us if you see us (Asian friends) walking with you. That’s how we save ourselves. Please include us in your group or as your company. That’s how you help keep us safe. I have always been your ally, will you be mine?”

As the pandemic played out in the early months, the origin was suspected to come from Wuhan, China which spurred racist rhetoric from the media and elected leaders. In quick response to and out of deep concern, activist Cynthia Choi established the Stop AAPI Hate coalition along with Dr. Russell Jeung at the Asian American Studies Department at San Francisco State and Manjusha Kulkarni at AAPI Equity Alliance. The coalition specifically tracks hate and discrimination incidents related to COVID-19, “The coalition tracks and responds to incidents of hate, violence, harassment, discrimination, shunning, and child bullying against Asian Americans and Pacific Islanders in the United States.” They have collected data by establishing the only community-based reporting system called the Stop AAPI Reporting System which totaled 11,500 incidents between March 2020 and March 2022. Stop AAPI Hate has been highly

impactful and successful, earning them a spot on Time magazine’s 100 Most Influential People of 2021.

Collaborative efforts have been happening in the Sacramento area over the past two years in response to the uptick in anti-Asian hate incidents. The Bulosan Center for Filipinx Studies, in partnership with the Stop AAPI Hate coalition, produces reports of anti-Asian hate in the greater Sacramento region. Since May 2020 they have reported verbal harassment, workplace discrimination, break-ins, and social media hate messages occurring in a variety of



Jazz (R) with her mom and husband Ben

settings such as schools, businesses, public areas, and public transit. In August 2020, Dr. Robyn Magalit Rodriguez, UC Davis Humanities Institute, and Asian American Studies student Jennifer Bernal Ngyuen partnered to launch a podcast series to connect with and support the AAPI community, share local stories, and share resources regarding anti-Asian hate.

On March 16, 2021, the Atlanta mass shooting that killed eight people, targeting Asians, provoked peaceful demonstrations from local activist groups. Asian Resources Inc. launched the #SacramentoIsOurHomeToo and #DriveOutTheHate caravan and rally event. They invited the community to “Decorate your cars with signs, flags, posters, etc...” and begin the caravans at one of three locations on March 27,

2021. Signs on cars read: “Asian is not a virus, racism is!”; “Stop Asian Hate #HateIsAVirus”; and “We are not silent”. The culminating rally added more visibility for the cause and focused on “unity and loving Sacramento.”

The Sacramento area is ripe with activism for anti-Asian hate, which is not surprising given its Filipino-American activist roots for causes such as labor rights and anti-martial law. Rooted in activist history, the Filipino Fiesta began as a mechanism for grassroots community organizing for social justice and promoting collaboration. Celebrated every year in Sacramento, close to Philippine National Day, this year’s celebration on June 5, 2022, was especially significant in the midst of the COVID-19 pandemic and subsequent anti-Asian response. The fiesta attracts thousands of people to celebrate everything Filipino: culture, food, art, entertainment, and local businesses. It promotes Filipinx pride, activism, and solid relationships across all cultural groups. It is with this powerful sense of togetherness the community amplifies the strong message that hate will not be tolerated and that Asians and allies will stand firmly united against it.

Activism, in its many forms, empowers participants and the community at large. Let’s stand up together against anti-Asian hate with action, whether big or small, loud or quiet, from the streets or from home. Sacramento’s community-based organizations provide innumerable resources to be involved in some capacity. Every one of us has knowledge, experience, and skills to bring to the table. “Your uniqueness is your greatest strength...” (Simon S. Tam, activist).

*Lorrie Spurgat Williams worked in education for over 20 years as a researcher, grant writer, and an at-risk youth mentor. She studied Child Development and Sociology while raising her two amazing children. Happily residing in Elk Grove with her husband, she loves making memories with her growing family.*

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## Editor’s Note

A busy month for us, I should say! As the Filipino grandparents would joke about, we just returned from our “apostolic” duties from LA. “Apo”, is the Tagalog word for grandchild. Needless to say, it was a very fulfilling experience for us to bond with one of our granddaughters, Olina. We look forward to making more memories with her and Evie. If we wait for a few more years, we may not be able to run and chase them around anymore, as we are beginning to feel our age.

This past month, as always, is another busy time for our Filipino-American community leaders. Among other important activities, is planning for one of the upcoming and biggest community events in Sacramento, as we celebrate the Filipino History Month in October.

This month of September is a painful reminder for so many Filipinos, as we commemorate the proclamation of Martial Law in the Philippines, which happened in September 1986. We have the contribution of Virgilio Lumicao, who is based in Hong Kong about this, along with Perry Diaz on pages 3 and 9.

Our Laban Group comprising of Everyday Impact Consulting, the Bulosan Center, the Asian American Liberation Network, and the Philippine Fiesta news continue to be visible in our fight to Stop Asian Hate. Please take note of what we do as individual group, to tackle this initiative. Read on my son Dane’s mother-in-law, Lorrie Williams’ contribution about this movement on the front page, along with Ben Abaya who is the son of our former contributors, Faina and Jun Abaya. It never occurred to me, that we will get them involved in our desperate plea to Stop Asian Hate. It can affect our own families, so let’s all be vigilant about it!

Stay cool and hydrated in this very hot weather!

With love always,  
Dinnah San Pedro

# Marcos' burial at Libingan insults his victims

BY VIR B. LUMICAO

**T**hirty-three years after his death in exile, the late dictator Ferdinand Marcos' remains are finally resting at the Libingan ng mga Bayani in Fort Bonifacio as surviving victims of his repressive rule continue to be haunted by the injustices they suffered, while families of those who fell in the struggle against his regime condemn his burial at the cemetery as an affront to those who died for their country.

A 21-gun salute by a platoon of military honor guard at noon on November 18, 2016 sent a flock of startled doves flying in all directions from an old acacia near the fenced off burial spot where Marcos' remains were laid to rest.

Outside the gates to the cemetery, hundreds of angry anti-Marcos protesters, among them relatives and friends of victims of martial law, stubbornly pressed against a phalanx of police who tried to push them back as their chants of "Marcos is not a hero!" drowned the crackling sound of gunfire.

The deposed strongman's burial at Libingan gave Marcos' family and supporters a close, no matter how controversial the rite was. The leader who allowed it, former President Rodrigo Duterte, has admitted that he owed the Marcoses a debt of gratitude.

Nevertheless, the event has reopened old wounds and rekindled calls for justice from survivors of Marcos' regime, especially the families of thousands who were tortured, maimed, raped, killed or remain missing since the declaration of martial law nearly 50 years ago.

The most prominent victim of the murderous regime was Senator Benigno Aquino, who was shot in his nape on August 21, 1983, as he was escorted down a planeside stair-

way by Aviation Security Command soldiers who fetched him from a China Airlines flight upon his arrival from the United States.

An investigation by a commission that looked the killing reported that Rolando Galman, an alleged communist rebel who reportedly slipped undetected into the heavily secured Manila International Airport, shot Aquino on the tarmac as he was being helped by his escorts onto a military van. The escorts then allegedly gunned down the assassin. Aquino's 16 escorts were exonerated in an earlier trial that upheld the official version that Galman was the assassin.

A retrial of the case in 1990 found the 16 guilty for complicity in the Aquino-Galman double murder case. They were sentenced to double life prison terms. Even so, who shot Aquino and who ordered the killing remain unanswered until today. But the murder of Aquino whipped up a wave of protests that led to the three-day EDSA People Revolution on February 23-25, 1986, that forced Marcos to flee to Hawaii.

Other prominent personalities who offered their lives to fight the dictatorship during martial law were student journalist and activist Lilia Hila; Maria Lorena Barros, founder of the women's group Malayang Kilusan ng Bagong Kababaihan (MAKIBAKA); student activist Archimedes Trajano; Edgar Jopson, leader of the National Union of Students of the Philippines (NUSP); activist, editor, writer, playwright and poet Eman Lacaba; and Kalinga farmer activist Macli-ing Dulag.

Hila died in April 1973 while in the custody of drunken soldiers of the Philippine Constabulary Anti-Narcotics Unit who barged into her home looking for her brother. When she asked for a search warrant, they beat her up and dragged her away. The 23-year-old associate editor of Ang Pamantasan, student publication of Pamantasan ng Lungsod ng Maynila,



Ferdinand Marcos burial in Libingan ng mga Bayani

was an anti-martial law student activist who wrote essays about the death of democracy in the country. She was about to graduate cum laude with a degree of Bachelor of Communication Arts when she died in Camp Crame Hospital. An army soldier cousin who visited her there said she bore signs of torture and gang rape. He said he wanted to help her but could not

and detained in Sorsogon in November 1973 before being moved to Camp Vicente Lim. In May 1974, she was transferred to Ipil Rehabilitation Center in Fort Bonifacio but escaped with five other detainees on November 1, 1974, and rejoined the New People's Army in Southern Tagalog. On March 23, 1976, the military raided her mountain hideout in Mauban,



Marcos angry protesters, among them relatives and friends of victims of martial law.

do anything. The day after the visit, Lilia was dead, reportedly by taking muriatic acid. She was the first activist detainee who died in military custody.

Barros was a gifted writer, poet, and charismatic student leader and anti-Marcos activist at the University of the Philippines in Diliman who advocated women's role in the struggle at protest rallies as well as in her essays and poems. From women's rights, her activism progressed into fighting for a broader cause. Her biography in "Martial Law Files" says: "Her analysis of socio-economic historical conditions had led her to the conviction that only a violent upheaval could liberate the long suffering masses from the yoke of local and foreign domination and exploitation."

She later went underground and joined the armed struggle as a political officer until she was captured

Quezon, shortly after a local comrade who knew her location was believed to have been captured earlier in the day. She told her other male comrade to go while she waited for the local guerilla to return. The soldiers arrived that night and ordered her to surrender, but she fought back and was mortally wounded. She was 28 and left a son.

Eman Lacaba was a bohemian award-winning fictionist, poet, playwright, stage actor and editor who was a "flower child" drawn to political activism by his siblings during the First Quarter Storm. While teaching a Rizal course at UP Diliman, he was arrested and detained for joining a strike. That cost him his job at UP but deepened his involvement in the struggle against Marcos.

During martial law, he immersed himself with factory workers, market porters

and jeepney conductors learning about their lives as he raised their political consciousness. Eman was a prolific poet who transformed his initially philosophical poetry into one "about the masses and for the masses" that fleshed out the people's struggle. Despite having a wife and two young daughters, he went underground in 1974, joining the NPA in South Cotabato.

On March 18, 1976, a captured comrade who turned informer, led a team of soldiers to the rebel hideout and immediately opened fire without calling on them to surrender. Eman and a pregnant teenager were wounded while their comrades were killed. He and the woman were being taken to Tagum, Davao del Norte, when the sergeant who led the team ordered that no one should be brought back alive.

"The pregnant woman was first to be shot dead, then Eman, who is said to have dared the informer, 'Go ahead, finish me off.' The informer then put a .45 into his mouth and fired. Eman's mother claimed the bodies later," read an account on Eman by the Bantayog ng mga Bayani. He died at 27.

Macli-ing Dulag, one of the leaders of Kalinga's struggle against the construction of the Chico Dam, was a revered Butbut tribal head who was murdered by Marcos' soldiers on April 24, 1980 for staunchly opposing the project. The project would involve construction of four hydroelectric dams across the Chico River in Tinglayan, Kalinga, and Sadanga, Bontoc, that would displace around 300,000 people and submerge about 100,000 homes. After his murder, the World Bank withdrew funding for the project, according to Bantayog ng mga Bayani, on whose granite Wall of Remembrance is engraved Macli-ing's name.

The struggle against the dam project for which Macli-ing sacrificed his life, however, was ignored by former President Duterte when he signed an agreement in 2018 with Chinese

President Xi Jinping for a US\$177-billion financing from Beijing to pursue the project.

Construction on the project, part of Duterte's "Build Build Build" infrastructure development program, was started by Chinese companies in May 2020 despite protests from the Cordillera people. People in the affected communities warned that blood will redden the Chico River if the construction continues.

The disadvantage of relying on Chinese financing for infrastructure projects is the high 2.5% interest rate that Beijing charges, compared with Overseas Development Assistance loans from other countries, such as Japan, which charge just 0.5%. Meanwhile, the potential of the project reigniting trouble is great.

Fifty years on, the exact number of human rights victims during Marcos Sr.'s rule may never be known as many of those who were reportedly arrested and led away by his soldiers were never seen again.

Human rights group Amnesty International says that 70,000 people were imprisoned, 34,000 were tortured and 3,240 were killed during Marcos' eight years of martial law.

The Human Rights Victims' Claims Board (HRVCB), created by Republic Act No. 10368 signed into law by President Benigno Aquino III on February 15, 2013, has determined 11,103 claimants who are eligible for monetary reparations. Thousands of other victims remain unaccounted for, the board said.

The HRVCB's final tally of approved claims by human rights victims who were recognized and awarded reparation under RA 10368 shows that 2,326 were killed or forced to disappear, 238 were raped and abducted, 217 were tortured via mutilation and sexual abuse, including children and minors; and several thousands more subjected to lesser forms of torture and enforced self-exile.

Vir B. Lumicao is a Sub-Editor at PortCalls Asia.

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BY BENJAMIN ABAYA

# Activism For Change and Common Good

My father's encounter with activism was when he was a student at FEU, that was the time when the Department of Education required every student before graduation to finish a number of Units in Spanish subject which the students humorously called the "Spanish Law". In other words, a student before graduation must finish the compulsory Spanish course.

The purpose of the mandatory requirement was to proficiently learn the language, so that everyone could read and appreciate the writings of our great heroes, especially Dr. Jose Rizal novels, poems, essay and other great writings in their original forms. Moreover, some of our historical references in government documents were also written in Spanish. The purpose was commendable, yet the interest of the overwhelming majority among students indicated in the negative, simply because only a few after finishing the course could express themselves both in writing and spoken language which defeat the good purposes of the subject.

Eventually, after so many years of vigorous and consistent activism by the students against the Spanish subject as a compulsory requirement for graduation, the Department of Education, finally reclassified the matter into an elective foreign language to be taken only by those students who were interested to take the same. However, this issue has nothing to do with how Spain ruled our country for more than 300 years because our history brought out the lamentable condition of the Filipinos during that time. We should always bear in mind that the Spanish conquistadores, despite their ruthless regime gave us our religious belief to become the only Christian nation in Asia.

On the other hand, the United

States of America, referred to in our history as the benevolent colonizer, taught us the tenet of Democracy where freedom and equal justice before the law are observed. Furthermore, the USA also gave us our educational system and language which until today we maintained and adjusted to suit our traditional way of life.

There were other issues encountered by my parents when they were in the Philippines involving the common good for those marginalized who were wallowing into the quagmire of poverty because of the indifference of the authorities concerned to look on their plight for assistance or solution to alleviate themselves from such conditions. The concerted activism of so many organizations demanding agricultural, industrial, social and economic reforms for the betterment of those who are in need resulted in the enactment of many reforms. Land reform was the most important legislation ever enacted to benefit farmers who have been farming the land for generations owned by the very rich families, the hacienda owners, who have titled on the



The Abaya's with the Filipino American organizations and Philippine Fiesta News publishers Dave and Dinnah San Pedro (R.)

land since the Spanish regime. Farmers were given several hectares of land for them to till to sustain a decent way of living for their families.

Generally, Filipinos who are living on foreign countries as immigrants or overseas workers are peaceful and law-abiding people, however, they are also active to participate or be counted to join peaceful demonstrations for the best interest of everyone. The current hot issues today in the United



Jun and Faina with son Ben

States are abortion, migration of people to seek a better life or being persecuted, gun control, student loans and many more. No activism of any kind can solve or give relief to any of those problems easily because they were politicalized by both Republicans and Democrats which become entangled in this coming midterm election.

I asked my father the degree of participation by the many

as they assimilate with other nationalities regardless of race and religious beliefs. Prolific and accomplished writers and journalists came forward to cover up in writings commendable activities to bring out the beauty, elegance and grace of our dances, songs and costumes. Likewise, we are also proud to bring out our cuisines for other nationalities with a fastidious palate to taste from the world renown lechon to kare-kare.

Eventually, cities, towns and regional geographical entities were formed to always remember the members birthplace where they spent the best years of their lives with their families, likewise, educational associations were created to honor their school alma mater for giving them the skill and expertise

which gave them a better opportunity for advancement in their chosen profession.

As always, the publishers were ready to extend news coverage to accommodate all the increasing number of civic, social and educational events of the Filipino American community to put into action and reality their commendable mission. The Philippine Fiesta coverage of the many events has encouraged most of the organizations to hold fundraising events to finance their good objectives.

As a result of the many fundraising events, community organizations were able to finance their meritorious projects such as, scholarship grant for deserving students going to college and relief assistance to the Filipinos in the Philippines who suffered hardship as a result of natural calamities such as typhoon, earthquake and the current pandemic. Likewise, the current condition has united the Filipino American community organizations to extend their helping hands to the residents regardless of nationalities in any capacity that they need their assistance.

Our profound gratitude to the pioneering spirit of the Philippine Fiesta Newspaper publishers Dave and Dinah San Pedro who played an important role in bringing us into a productive united community. Undoubtedly, they are sacrificing a great degree of personal comfort that they should be enjoying for the betterment of our community.

## Philippine Fiesta

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# SacFilPAC's Hosts Merienda with the Attorney General

From page 1

BY CHRIS MATEO

The event kicked off with Raeselle Lao singing both the American and Philippine national anthems. And after a few opening remarks, Sinag Tala performed an entertaining fifteen-minute set of dancing and singing.

In between the singing, the guests were guided by the event's emcee and SacFilPAC Board Member, Kyla Aquino Irving. The guests were graced with the words of other Board Members, of the event sponsor Elaine Abelaye-Mateo with Everyday Impact Consulting, and of the Attorney General himself.

Bonta was introduced by SacFilPAC Board Member Derek Ledda, who sang his original "Oh, My Father" and by fellow Board Member Melissa Sagun, who talked about her time as a Fellow in then-Assemblymember Bonta's Capitol office, and how she currently serves as a policy consultant.

"it's been important to see myself represented in government," said Sagun, "and to see a leader who understands your culture, your experiences as an Asian-American, and who can truly advocate for the needs of our community. Rob Bonta is that leader."

Bonta then shared his brief history in elected office, his motivation to serve, and his stories about his biggest fan. After telling the audience that he knew he had to wear a barong to an event when his mother "asked" him, he said, "As you can see," he pointed to his casual attire, "she didn't ask me about my barong tonight." He was once again met with more laughter.

Despite the relaxed look, Bonta provided professional insight into politics. He was told early in his career to "pick one or two topics to focus on. And that's it!" He shook his head and promised that this was not how he would serve the public. As a local elected official, as a state legislator, and now as Attorney General, Bonta reminded the audience that he was following the footsteps of his parents, who fought for so many people, regardless of their background. He challenged the idea of just focusing on a few issues to tackle. "As a state-wide official," said Bonta, "I have a responsibility to the entire state. And with a staff of five thousand – twelve hundred of which are attorneys – someone from the Department of Justice should be able to help."



Elaine Abelaye-Mateo fist-bumping with the Attorney General of California



Edna Delos Reyes, Leila Pereira, Chris Mateo, Vince Sales, and Daisy Rodriguez



Selfie time with the Attorney General of California



The Sinag-tala Ensemble



Rob Bonta with the Filipino community

The guest of honor was met with a standing ovation. Attendees were visually proud of the locally grown public official.

After Bonta's remarks, Cirian Villavicencio, SacFilPAC's Endorsement Chair, approached the podium to toast the guest of honor. "May you feel today's deep and strong community sup-

port for you. May you lead with courage and integrity and represent us with strength and humility!"

The concluding remarks were made by the PAC's officers, Vince Sales and Megan Sapigao. They reminded guests that in addition to supporting the Attorney General, they were there to support Sacramento's newest organization.

This organization was designed to represent approximately 75,000 Filipino Americans in the region by endorsing current candidates that aligned with the community's values, and by creating a pipeline of emerging Filipino American elected officials that would soon follow in the footsteps of the evening's guest of honor.

After the formal program, after memorable karaoke performances, and after the Attorney General was escorted out by his staff, his biggest fan shared her thoughts, "I love the composition of the people gathered and the prominence of young people! It makes me happy to see Rob welcomed like family, and the Sacramento Filipino community is that family."

Before she left the event, Bonta's mother Cynthia asked if the other guests in attendance would join her in becoming a member of the Sacramento Filipino Political Action Committee. Let's remember what California's first Filipino American Attorney General said when his mom asks if you would do something.

# You're Invited!

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# Worthy Grand Knight Bran Moock Knights of Columbus Council 4443

BY DALE ESPERANTE

**C**ongratulations to Bran Moock for being installed as the newly elected Grand Knight of Council 4443 on August 18, 2022, at St. Charles Borromeo Parish.

Worthy Grand Knight Bran is a Vietnamese American who is married to a Filipina American, Corazon Macaranas Moock. Brother Bran retired as a State of California employee after 21 years.

Sons Brian and Chris are following their dad's footsteps by serving as State of California employees. Mrs. Corazon Moock keeps busy as an owner of a local business. For years, even before retirement, Brother Bran



Line up for the official installment for their new Knights of Columbus positions. First in line is Grand Knight Bran Moock.

has been serving the catholic church as a lay minister and as a member of the Knights of Columbus (KOC). Now he is officially a KOC Grand Knight! Congratulations and Mabuhay!



Mrs Moock with husband, Grand Knight Bran Moock.



Two members of Council 4443, Brother Alberto Arcaya and Brother Dale Esperante.

# Happy Birthday Carlo and Gian Manangan

BY DALE ESPERANTE



Carlo with wife Susan

On August 6, 2022, in one of the gated communities of Elk Grove, Dr. Susan B. Manangan, DDS, with family and friends celebrated the birthday of husband, Carlo, and their son, Gian.

Upon arrival, we immediately felt right at home when we sat with the Rodrigo sisters, respected commu-

nity friends, Manang Ched and Manang Cel. Such a lovely outdoor party with the weather temperature exactly right as the guests enjoyed the food, beverages, desserts, dancing, and the amenities of the beautifully landscaped backyard.

Happy 60th Birthday Carlo and Happy Teen Birthday Gian!



Manang Ched and Manang Cel with Cynthia, Susan, Chris, and Melita.



## Magellan Hall Post 604

### BreakFast - August 2022

**Legionnaires & Auxiliary Members  
of Magellan P-604!**  
Join us for a Filipino/American Style  
Home Cooked Breakfast  
On Saturday, August 27th. At 10:00 A.M



At Magellan Post 604  
Located at 8831 Gerber Rd., Sacramento, CA. 95828  
Oh Yes, We Are Asking a \$10.00 Donation!  
"Per Person for Breakfast"





PerryScope

BY PERRY DIAZ

SEPTEMBER 21, 2022 marks the 50th anniversary of the Declaration of Martial Law in the Philippines. It's a commemoration of the darkest era in Philippine history where it signified the signing of Proclamation No. 1081, which marked the beginning of the brutal 14-year dictatorship of Ferdinand Marcos.

It was not the only time martial law was proclaimed in the Philippines but it left an indelible mark that will linger in the memory of Filipinos who lived through the bloody and disastrous dictatorship under Marcos.

Throughout Philippine history, there were several periods of martial law wherein the head of state placed the country or its regions under the control of the armed forces. Martial law in the Philippines was enacted by Ramon Blanco (from 1896 to 1898), Emilio Aguinaldo (for a month in 1898), Jose P. Laurel (from 1944 to 1945), Ferdinand Marcos (from 1972 to 1981), Gloria Macapagal Arroyo (for about a week in 2009), and Rodrigo Duterte (commenced in May 2017 and not lifted as of September 2018). But these martial law periods were short compared to the reign of Ferdinand Marcos who ruled over a country with an iron fist under severe and bloody conditions where thousands died in the hands of martial law implementers whose brutality and corruption were despised by the Filipino people who were subjected to torture and punishment. This led to the People Power revolution in 1986 that ousted the Marcoses from power.

The Commemoration of the Declaration of Martial Law in the Philippines was established in order to emphasize that the horrors of Marcos's regime must never be repeated again. When President Duterte proclaimed martial law in 2017, the opposition marked the

day with protests. Never again will the Filipino people fall under the yoke of martial law.

### Various forms of torture

Victims will never forget the various forms of torture used by the Marcos dictatorship between the declaration of martial law in 1972 and the Marcos family's ouster during the People Power Revolution in 1986. These included a range of methods Philippine forces picked up during its long periods of colonial occupation under Spanish, American, and Japanese forces, but also a number of new methods arising from the modern technologies of the later 20th century. These included sexual assaults including rape and degradation; non-sexual physical tortures including variants of electrocution, waterboarding, suffocation, burning, and beating; and various forms of psychological torture.

Nearing the end of his second term of office in 1972, Marcos used the unrest on the newly formed Communist Party of the Philippines, despite both Philippine and American intelligence services noting that the communist situation in the Philippines was "normal" or at the lowest level of concern. He then staged an ambush on Defense Minister Juan Ponce Enrile, which was the reason Marcos imposed Martial Law.

### Martial Law's objectives

Marcos' declaration of Martial Law had to achieve seven objectives: 1. Control the military and police; 2. Control the Supreme Court; 3. Undermine the Philippine public's faith in democracy; 4. Exploit and abet lawlessness and instability; 5. Exaggerate the Communist threat; 6. Get political backing from the United States; and 7. Hijack the constitutional con-

# Commemoration of Declaration of Martial Law



September 21, 1972, Martial Law was declared and democracy ended

vention.

The imposition of Martial Law accompanied curfews; the suspension of civil law, civil rights, and habeas corpus; and the application or extension of military law or military justice to civilians. Civilians defying martial law were subjected to



Over 100,000 people were recorded to have been victims of martial law from 1972 to 1981.

military tribunal (or court-martial).

During the presidential campaign last year, Bongbong Marcos claimed that the martial era was the "golden age" in Philippine history. Obviously, it was an attempt to revise Philippine history. The fact that Bongbong was elected president, the post-martial law Filipinos were led to believe the "golden age" legacy of Ferdinand Marcos. But the truth of the matter is that the Central Bank of the Philippines was bankrupted by the

Marcos dictatorship.

### Human rights violations

Human rights violations were rampant during the Martial Law era. In a report by Amnesty International, over 100,000 people were recorded to have been victims of martial

law from 1972 to 1981, 70,000 were arrested, 34,000 were tortured, and 3,240 were killed by the military and the police.

With Bongbong's presidency entering its third month, inflation has hit an all-time high, while the peso is losing its value and deficit is rearing its ugly head. And the people are suffering from hunger and high unemployment.

### Sugar crisis

Lately, the economy is suffering from the "sugar crisis." How could that happen

when not too long ago, the Philippines was exporting sugar? But the Marcos administration believes that that the shortage is "artificial" and is caused by hoarding. The government is now monitoring the situation and warehouses are being inspected to increase the sugar supply in the market and to lower the price of the commodity. But sugar shortage, whether caused by hoarders or simply supply running out, is having a ripple effect in the economy. The top soft drink makers in the country have put out a rare joint statement, confirming they're all running short of refined sugar, which could impact the production of soft drinks

and other products that use a lot of sugar. This caused the Sugar Regulatory Administration to approve a plan to import hundreds of thousands of metric tons of refined sugar from Thailand and other sugar producing countries. But local sugar producers feared that would drive down prices — and they got a temporary restraining order to block the imports.

And this is where politics come into play. The Sugar Regulatory Board had authorized the import of 300,000 tons of sugar. But the head of that board is President Marcos, who according to a presidential spokesperson, he had never agreed to. As a result, the two officials involved in the announcement have now resigned, which begs the question: Where is Marcos going to get the sugar to cover the shortage?

Hmm... perhaps, Marcos should have his underlings handle the sugar crisis so he can address the planning for the 50th anniversary of the Declaration of Martial Law. However, it seems that he just got himself caught in a bind. Well, he'd better come up with a solution lest it could cause a massive shortage of sugar. (PerryDiaz@gmail.com)

# Languishing: What to do if you're feeling restless, apathetic, or empty

BY JOLANTRA BURKE

## What's the difference between languishing and depression?

If you've been feeling restless, apathetic, or even emotionally empty since the pandemic began, you may be "languishing." Languishing is described as an emotional state of limbo, aimlessness, and low mood, which can last for a long time. But while languishing isn't itself considered a mental health disorder, it could ultimately lead to anxiety or depression.

Many people may even have experienced – or may still be experiencing – languishing without really even knowing what it is or why they're feeling that way. In fact, an international study which looked at data from participants in 78 different countries between April and June 2020 found that 10% of people experienced languishing during the pandemic.

The causes of languishing are different for every person – though they may result from many factors, such as stress, trauma, or even a change in routine. But the good news is that languishing doesn't last forever, and there are many things you can do to improve your mental state.

## Languishing versus depression

Languishing can be a precursor for depression or exist alongside depression. But while the two may share some similarities, they also differ in many ways – mainly in how the symptoms present themselves.

Depression can be characterized by emotional, mental, behavioral, and physiological symptoms – including fatigue, sleeping too much or too little, weight loss or gain, negative thoughts, negative feelings, or suicidal thoughts. Languishing shares some of the symptoms with depression, such as having negative emotions. But it's also characterized by not feeling in control of your life, feeling like you aren't able to grow or change, and not engaging with

your community (including with friends or family).

Though languishing isn't considered a mental health disorder, it can still be challenging to bear – and may even be more difficult than experiencing depression for some. Research that compared the experiences of people with mental health disorders with those experiencing languishing found languishers were more likely not to know what they wanted out of life, found setting goals for the near future unhelpful, or didn't take action when faced with adversity.

On the other hand, people with depression, anxiety, and even alcohol dependence felt more likely to find planning helpful, take action to improve their situation, and know what outcome they wanted from their life.

These contrasting experiences give us some insight into why languishing can be such a challenging state to experience. Being diagnosed with a mental health condition means people may better know how to tackle their situation and make improvements, or may at least be able to access services and treatments (such as therapy) that can help them. But as languishing isn't considered a mental health disorder, people may not know why they feel the way they do, and they may not be able to get the help they need from their GP or other mental health services.

That isn't to say depression isn't a challenging condition to experience. But as languishing can very well turn into depression, it's important to take action and do something to improve your mental health as soon as you can.

To understand how to reduce languishing, it's important to understand the difference between languishers and flourishers (people who experience high levels of mental health).

We know from previous re-



ing ways of connecting with the community can help languishers improve their well-being. This can be in any form, such as performing acts of kindness for others (such as making someone a cup, helping a colleague at work, or even volunteering).

Other techniques that may improve well-being for people with languishing include practicing gratitude and reflecting on what is going well in their life, and trying to use less negative language in their daily life.

Actively seeking out positive experiences – such as those that allow you to feel a connection with loved ones, friends, or even strangers – may also help improve well-being and reduce experiences of languishing.

While being in an aimless limbo is difficult, it's important to remember that doing something is better than doing nothing at all. Whether that's something small like simply acknowledging that you're languishing or speaking with a friend about how you feel, doing something is the first step to making positive improvements in how you're feeling.

search that flourishers are seven times less likely to experience depression than people with lower levels of well-being (such as languishers). Flourishing is even shown to protect against depression.

While both languishers and flourishers value having meaning in their life, goals, and relationships, languishers are more self-oriented – wanting to find their own meaning and improve their own happiness. Flourishers, on the other hand, are more focused on others and contributing to the greater good.

The way languishers and flourishers connect is also different. While both groups value relationships, languishers tend to feel their pets or possessions

are most important to them, while flourishers feel connecting to their society, community, or culture was most important. This shows us flourishers are much more focused on connecting with other people – while languishers search for alternative ways of feeling connected.

We don't know if it's because languishers aren't well that they become more self-focused, or if it's because of their self-focus that they experience languishing. But what we do know is that taking a lesson from flourishers can help people who are languishing improve their well-being.

## Take action

Research shows us that find-

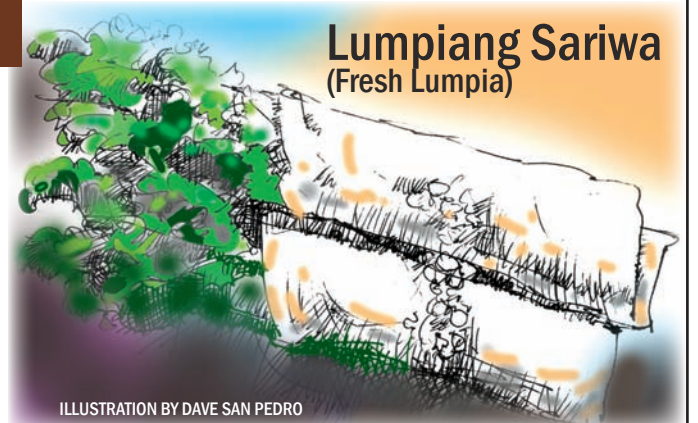
## Lasang Pinoy

**Ingredients**  
Lumpia Wrappers  
½ head cabbage, chopped  
100g green beans, chopped  
1-2 sweet potato, chopped  
1 large Jicama, chopped  
100g bean sprouts [togue]  
1 carrot, chopped  
100g pork, minced  
100 shrimp, minced  
2 tbsp cooking oil  
1 onion chopped  
2 cloves garlic, minced  
salt and pepper  
10 pcs native lettuce leaves

♥ for the sauce  
2 cups water  
3 tbsp soy sauce  
3 tbsp sugar  
1 tbsp cornstarch  
4 tbsp ground peanuts  
4 tbsp garlic, minced

**Directions**  
Fry sweet potato until golden brown and set aside.  
In the same pan, sauté garlic and onion until it becomes translucent.

## Lumpiang Sariwa (Fresh Lumpia)



Add pork and shrimp and fry until cooked.  
Add all the vegetables and season with salt and pepper.  
The water content of the vegetable should be enough to cook them but if the vegetable is a little dry, you can 1-2 tbsp of water.  
Cook until vegetable are done. Constantly stir vegetables to prevent them from burning.  
For the sauce: Boil water, sugar and soy sauce.  
Stir cornstarch in 1 tbsp water and pour in the sauce. Wait for it to boil, to thicken the sauce.  
To serve: Put 1 native lettuce leaf and 3-4 tbsp of vegetable at the center of each wrapper and roll.  
Top each Lumpia with 3 tbsp of sauce, ground peanuts and freshly minced garlic.

# 'Bullet Train' Repeats No. 1, 'Top Gun: Maverick' Returns to Second Place as Box Office Nearly Grinds to Halt

BY REBECCA RUBIN

**Three new movies opened nationwide, but none managed to crack the top five**

Is everyone on vacation?

That would be one plausible explanation behind the great box office slowdown; overall ticket sales tapped out at \$66.4 million, according to Comscore, the lowest collective result in months. Although three new movies went into wide release, none were able to crack the top five on domestic charts and only two — A24's satirical slasher "Bodies Bodies Bodies" and Lionsgate's low-budget, vertigo-inducing thriller "Fall" — managed to infiltrate the top 10.

It's even more dire that Sony's action-thriller "Bullet Train," which claimed the top spot for the second weekend in a row with \$13.1 million from 4,357 North American locations, was the sole film to bank at least \$10 million in ticket sales. After two weeks on the big screen, the Brad Pitt-led "Bullet Train" has generated \$54.4 million at the domestic box office. This weekend marks the first time since Feb. 11-13 — when "Death on the Nile" opened to a weak \$12.3 million and Jennifer Lopez's romantic comedy "Marry Me" stumbled with even less — that only one movie reached at least \$10 million between Friday and Sunday.

And the glacial drip, drip, drip of ticket sales is only going to worsen as the box office heads for a near desolate stretch with hardly any new offerings from major studios on the horizon. While movie theater owners brace for the downtrend, they are bowing at the altar of Harry Styles in hopes the pop heart-throb will inspire audiences to return to theaters in droves for director Olivia Wilde's mind-bender "Don't Worry Darling," which doesn't open until Sept. 23. Until then, exhibitors will have to make do with smaller thrillers and dramas like Idris Elba's "Beast," which is coming on Aug. 19; "Three Thousand Years of Longing," a fantasy romance with Tilda Swinton and Elba (again) on Aug. 26; and the Viola Davis-led historical epic



Action-thriller Bullet Train starring Brad Pitt

"The Woman King" on Sept. 16. David A. Gross, who runs the movie consulting firm Franchise Entertainment Research, says there's still reason for optimism despite the dearth of blockbusters.

"The upside to the thin schedule is that movies are opening on, and holding more screens than before, and they're playing longer to bigger domestic multiples," he says. "There's more room in the market, and each film is benefiting. But there's no question," he adds, "the total box office would be bigger with more studio releases."

In eighth place, "Bodies Bodies Bodies" secured the best start among newcomers and beat expectations with \$3.2 million from 1,290 locations. After kicking off last weekend in limited release, the movie has grossed \$3.5 million to date and plans to expand to 2,000+ theaters next weekend. But otherwise, audiences wanted little to do with "Fall" and Diane Keaton's body-swap comedy "Mack & Rita," the other movie that debuted over the weekend.

"Fall" just barely landed in 10th place with \$2.5 million from 1,548 venues. The movie, centering on two best friends who climb 2,000 feet to the top of an abandoned radio tower and find themselves stranded with no way down, was relatively low risk for

Lionsgate as it cost only \$3 million to produce and less than \$4 million to promote. It won't take much coinage to turn a profit; home entertainment will be helpful with that mission.

Meanwhile, Steven Spielberg's science-fiction classic "E.T." — which debuted 40 years ago — grossed more money over the weekend than Keaton's "Mack and Rita." The Gravitas Ventures release landed in 13th place with a bleak \$1.03 million from 1,930 screens. Universal's re-release of "E.T." raked in \$1.07 million from only 389 Imax screens.

As expected, "Mack and Rita" brought out mostly older women, with 74% of ticket buyers identifying as female and 69% over the age of 30. They were not fond of the movie, which landed a "D+" CinemaScore. Reviews were equally harsh, resulting in a bleak 26% score on Rotten Tomatoes.

With the dismal turnout for most other movies, Paramount's ever-powerful blockbuster "Top Gun: Maverick" swooped to second place in its 12th weekend of release. The action sequel continues to do unprecedented business, adding \$7.1 million from 3,181 venues over the weekend and bringing its domestic tally to \$673.8 million. That means "Maverick" is roughly \$5 million away from dethroning Marvel's "Avengers: Infinity War" as the sixth-highest grossing movie in domestic box office history.

Elsewhere on domestic box office charts, holdover titles "DC League of Super-Pets," Jordan Peele's UFO thriller "Nope" and Disney's "Thor: Love and Thunder" took slots three through five.

The animated "DC League of Super-Pets" also added \$7.1 million from 3,181 theaters in its third outing, a 35% decline from the weekend prior. So there's a chance it could ascend to second

place, above "Maverick," once final numbers are tallied on Monday. To date, the kid-friendly DC Comics adventure has generated \$58 million at the domestic box office.

"Nope," now in its fourth weekend of release, collected \$5.3 million from 2,760 locations, down 38% from its last outing. So far, the movie has amassed \$107 million in North America, marking the director's third feature film (out of three) to cross the \$100 million mark. However, "Nope" has a ways to go to match Peele's debut feature "Get Out" (\$176.1 million) and his sophomore effort "Us" (\$175 million) in North American ticket sales. Overseas, "Nope" landed in 19 new markets over the weekend, generating a so-so \$6.4 million. That puts global ticket sales at \$113.8 million.

"Thor: Love and Thunder" grossed \$5.3 million from 3,175 locations over the weekend. After six weekends on the big screen, the fourth "Thor" movie has generated \$325.4 million domestically, outpacing its beloved 2017 predecessor "Ragn-

arok" (\$315 million). Globally, though, "Love and Thunder" trails "Ragnarok" with \$720 million compared to the third entry's \$853 million haul. However, "Ragnarok" played in China and Russia, while "Love and Thunder" did not secure a release in those territories.

At the indie box office, the Aubrey Plaza-led heist thriller "Emily the Criminal" earned \$668,990 from 473 screens — amounting to \$1,414 per location. Roadside Attractions bought the movie after it premiered at Sundance Film Festival to rave reviews. The film's backer is hoping that festival fever translates to ticket sales as "Emily the Criminal" expands to additional locations in the coming weeks.

Another Sundance film, Bleeker Street's coming-of-age drama "Summering" fared worse, collecting just \$31,317 in 260 venues, averaging a disappointing \$120 per location. The young adult-skewing story follows four best friends as they spend the last weekend of summer together before starting middle school.

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**SATURDAY, SEPTEMBER 10, 2022  
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